

# Thinking Beyond PCHS

Exploring Options - "Year of Research"

Fall Junior Workshop with Mrs. Prange (Post-Secondary Counselor)

### Who am 1?

### Mrs. Prange

Post-Secondary (College & Career) Counselor

Missouri A+ Scholarship Program Coordinator

Coordinate PSAT (October) and the Parkway ACT (March)

### PCH for 25(!) years

Taught Business & Marketing courses for 7 years

Comprehensive Counselor for 7 years

In year 11 as Post-Secondary Counselor



Work WITH your Comprehensive Counselor to support you and your family

# Step 1: Graduate High School

Monitor your progress towards graduation in Infinite Campus!

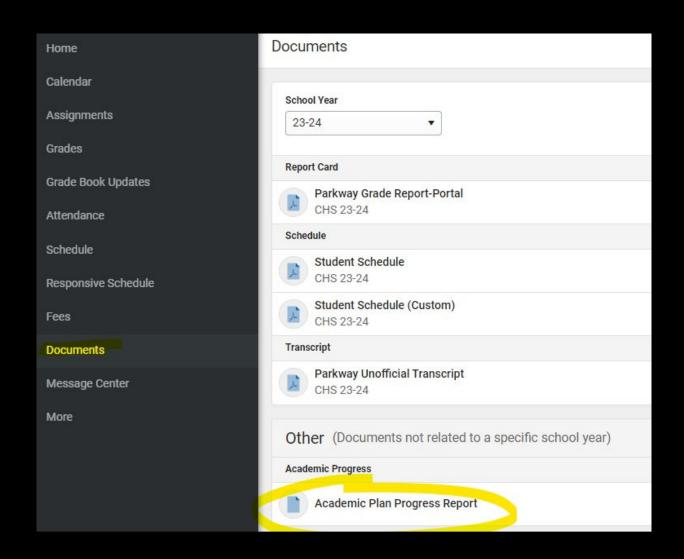
Log into IC, click on "Documents" and then "Academic Plan Progress Report"

\*14 (below 10.5 - see counselor)

\*2 per core

\*Assessments (Civics!)

Senior classes chosen in January/February!



# Step 2: Plan for 2026 & Beyond

12%



### Class of 2024 (self-reported):

☐ 4-year colleges = 72%
☐ 2-year colleges = 16%
☐ Military/Apprenticeship/Gap Program = 4%
☐ Other/Undecided/Unknown = 8%

# COLLEGE OPTIONS

**Career/Technical Schools** 





2-Year Colleges





4-Year Colleges/Universities









# CAREER/TECHNICAL SCHOOLS

Career/tech schools typically offer programs that take two years or less to complete.

These schools provide students with formal classes and hands-on experiences related to their future career interests.

Students may earn a diploma or a certificate, prepare for a licensing exam, or study to begin work as an apprentice or a journeyman in a skilled trade.

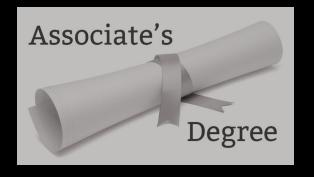
In as little as two years, you could be earning up to \$40,000, \$50,000 or even \$60,000 per year.



# TWO-YEAR COLLEGES

- Community Colleges
  - Ex: St. Louis Community College
    - 4 campus locations (Meramec, Wildwood, Forest Park, Florissant Valley)
  - Open Enrollment!
    - No minimum GPA or ACT scores
  - •Tuition for one year is around \$4500
    - Room & Board generally not available
  - Earn your Associate's Degree or complete general education requirements.







### FOUR-YEAR COLLEGES

Many students attend a four-year college after graduating from high school.

They earn a degree once they have completed a program of study.

A four-year college usually offers a <u>bachelor's degree</u> in the arts "BA" (e.g., English, history, drama) or sciences "BS" (e.g., biology, computer science, engineering).

Some four-year colleges also offer advanced degrees, such as master's or other graduate degrees. This typically changes their school name from "College" to "University".



# FOUR-YEAR COLLEGES

Over 2000 options in the United States

- Admission requirements vary based on selectivity
  - Minimum is typically around 2.0 GPA and 18 ACT
- •Tuition, Room & Board \$\$\$



### **MILITARY**

- **Enlist**
- •Take ASVAB
- Pass Physical Exam
- Determine career path
- Sign oath of enlistment
- Boot camp



### ROTC (Reserve Officer Training Corps)

- •Officer training program for college students who commit to serve in the U.S. military after college
- •Available at over 1,700 colleges and universities
- Commit to serving in the military after college
- College scholarships available (up to full ride)

### Military Academies

- 5 options
- Extremely competitive for admissions (similar to lvy)
  - Process starts as early as junior year!
- •Tuition/room/board covered!

# Alternative Options Available

- Apprenticeships
  - St. Louis Carpenters Joint Apprenticeship Program
    - Earn Associate's Degree
- Training Programs
  - Cosmetology
    - Can usually complete in one year
    - Tuition ranges by school \$11-21K
- Gap Year
  - Some programs are as expensive as college...

#### **ALTERNATIVE PATHS**

Apprenticeship.gov

Job Corps

Medical Device Manufacturing

St. Louis Carpenters Union

**Electrician Apprenticeships** 

Careers in Construction

ICATT Apprenticeship Program

IHM Academy of EMS Paramedic Program

**Total Access EMT Training** 

St. Louis County Fire Academy

Missouri Department of Corrections

Paul Mitchell the School (Cosmetology)

STLCC Accelerated Job Training Programs (includes personal training,

Boeing pre-employment, truck driving, coding, and more!)

Nativ - Gap Year Program in Israel

Gap Year Solutions

TeenLife - Gap Year Programs

Military Enlistment - Army, Navy, Air Force, Marines, Coast Guard

# WHAT WORKS BEST FOR YOU?

•What are your career goals?

•What education or training is necessary to reach that goal?

•What is the best fit for you academically, socially & financially?

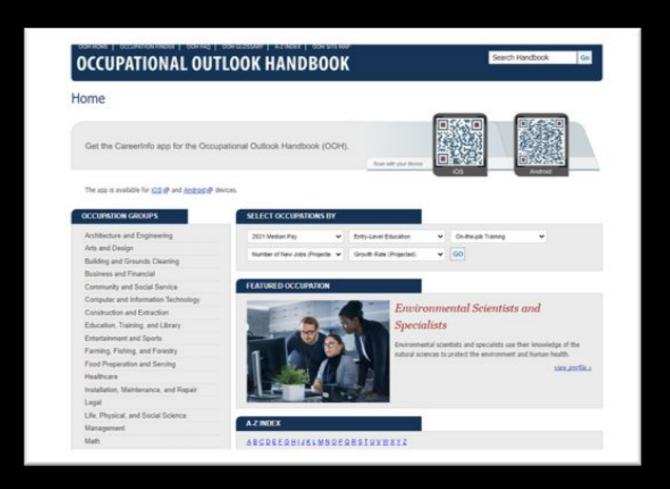
# Occupational Outlook Handbook

### Google "<u>OOH</u>"

Choose an occupational group, click on Occupation Finder, or browse by a category

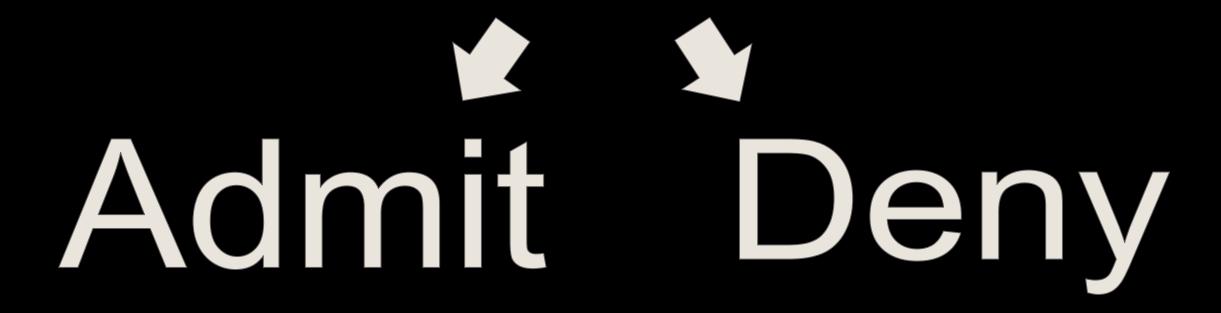
Review options available, minimum education/training requirements, "how to become one" and "similar occupations".

HS Diploma
Associate's (2 yr)
Bachelor's (4 yr)
Master's (Bachelors + 1-2 yrs)
Doctoral/Professional (Bachelor's + 4-8+ yrs



# APPLYING TO COLLEGE

What types of things do you think colleges consider when making admission decision?



### TRANSCRIPT

**GPA** (cumulative or core; weighted or unweighted)

### **Shows 6 semesters**

Freshman, sophomore and junior year courses/grades

### Course selection

- College Preparatory
- Rigor (AP, honors)
- Years of <u>core</u> coursework

### Senior year also counts!

- Maintain rigor
- Mid year grades
- Final transcript

# TEST SCORES: ACT or SAT



You will take the ACT on March 11 at school, for free! (Will be paper exam)

### 2024-2025 National Test Dates:

December 14 (Register by November 8) February 8 (Register by January 3) April 5 (Register by February 28) June 14 (Register by May 9) July 12 ((Register by June 6)

\$69 - Waivers available for students who qualify for free/reduced lunch in Parkway

Choose paper or digital when registering.

Bring your ticket, photo ID, calculator, and pencil to the exam. Register at www.actstudent.org



#### 2024-2025 National Test Dates:

December 7 (Register by Nov 22) March 8 (Register by Feb 21) May 3 (Register by April 18) June 7 (Register by May 22)

\$68- Waivers available for students who qualify for free/reduced lunch in Parkway

Digital exam (Bluebook App)

Bring your ticket, photo ID, calculator, Chromebook, and pencil to the exam.

Register at www.collegeboard.org

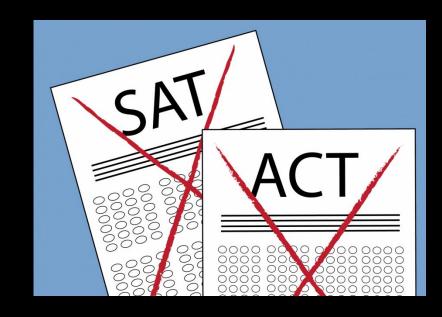
# TESTING NOT FOR YOU???

### Test **Optional** Schools

http://www.fairtest.org/

Nearly 2000 schools and **growing** 

If your test scores are competitive, send them. If not, don't! (Review average data for each school to decide)



This option is ideal for students who are competitive with transcript alone

### Test **Blind** Schools

Colleges will **not** consider/view scores for admissions or scholarship opportunities

### RESUME



- 9<sup>th</sup>-12<sup>th</sup> grade
- Clubs, activities, organizations
- ✓ Honors, awards
- Employment
- ✓ Family commitments
- ✓ Community service
- Leadership positions

How do you spend your time?

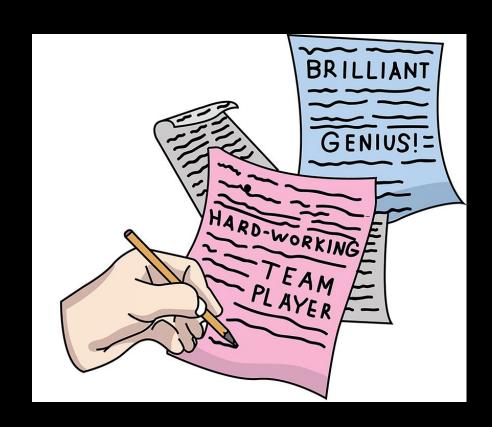
Do your passions shine through? Have you tried to gain experiences within potential career paths?

Do you need enrichment opportunities?

Use for admission and scholarship applications; share with letter writers

# RECOMMENDATION LETTERS

- Current perspectives (11<sup>th</sup>/12<sup>th</sup> grade) from those who know you well at time of application
- Ability to speak to your academic achievements and potential, how you collaborate with peers, what you contribute to the classroom and greater community.
- Core teacher(s) and/or your counselor



### **ESSAYS**



College essay prompts (usually multiple options)

Supplemental essays (why college X, why that major, why that activity, etc.)

- Use <u>your</u> voice
- Brainstorm ideas
- Be truthful
- Do not repeat information already shared
- Keep it positive
- Stay focused

# CALCULATED V. HOLISTIC REVIEW

### **Calculated**

- Guaranteed admission if you meet minimum requirements. Review could include GPA, ACT/SAT, and curriculum taken.
- Examples Mizzou, MO State, Kansas

### Holistic

- Looking at applicant as a whole person
- Often includes resume, essay, recommendation letters
- Examples Wash U, Truman, Indiana, Michigan, Tulane

# Examples of **Guaranteed** Admissions

# Missouri State.

| GPA<br>(on a 4.00 scale) | ACT Composite or ACT Superscore |
|--------------------------|---------------------------------|
| 3.00 or above            | Test score optional             |
| 2.85 to 2.99             | 21                              |
| 2.63 to 2.84             | 22                              |
| 2.50 to 2.62             | 23                              |
| Below 2.50               | Not admissible                  |



#### Assured admission criteria:

- •A 3.25 GPA on a 4.0 scale, no test scores required OR
- •An ACT score of at least 21 plus a GPA of at least 2.0

| Your core GPA is recalculated using only the core courses listed below. |
|---|
| Your core GPA might be lower than your transcript GPA.                  |

Search Admissions

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| ACT | SAT       | Core GPA |
|-----|-----------|----------|
| 24+ | 1160+     | 2.0+     |
| 23  | 1130–1150 | 2.80     |
| 22  | 1100-1120 | 2.90     |
| 21  | 1060–1090 | 3.05     |
| 20  | 1030–1050 | 3.20     |
| 19  | 990-1020  | 3.35     |
| 18  | 960-980   | 3.50     |
| 17  | 920-950   | 3.65     |



| CUMULATIVE HS GPA ON A 4.0 SCALE | SUPERSCORED ACT |  |
|----------------------------------|-----------------|--|
| 2.75+                            | not required    |  |
| 2.5+                             | and 19+         |  |
| not required                     | and 21+         |  |



| Admission Requirements   |  |
|--|--|
| Tennessee and Non-Tennessee Residents: 2.50 cumulative weighted GPA and 19 ACT/900 SAT (Verbal and Math Scores only) |  |
| Guaranteed Admission: 3.20 cumulative weighted GPA   |  |
| ******ACT or SAT Test Scores are required for all first time freshmen under 21******                                 |  |

University of Missouri

# Examples of **Holistic** Review Admissions

### Washington University in St. Louis



#### MIDDLE 50%

SAT: 1500-1570

ACT: 33-35



#### APPLICANTS

32,240 applicants 3,855 admits 1,832 enrolling

#### ADMIT RATE

12% Overall admit rate 26% Early Decision admit rate 9% Regular Decision admit rate



Average HS GPA (unweighted)

Average ACT Composite

24

3.66



Average (recalculated & unweighted) GPA: 3.7

Average SAT: 1448\*
Average ACT: 33\*

### INDIANA UNIVERSITY BLOOMINGTON

| Admissions criterion                                     | Range     | Average/Median |
|--|-----------|----------------|
| GPA  | 3.72-4.00 | 3.97           |
| SAT scores (Math and Evidence-Based Reading and Writing) | 1210-1420 | 1310           |
| ACT scores (Composite)                                   | 28-33     | 30             |

### APPLICATIONS

Online – <u>Most</u> become available Aug 1 of **senior** year

### Types of Applications

- School specific apps (Univ of California school system, STLCC)
- Common App (around 1000 schools)
- Common Black College App (around 60 schools)
- ☐ Multiple options

### Fees (\$0-\$80+)

Waivers available for those receiving meal benefits (free/reduced lunch).

### Watch deadlines

☐ For admission and scholarships ("Priority")

# FINANCING COLLEGE

# TUITION

<u>In</u>-state v <u>Out</u>-of-state Tuition

Public v Private

Room & Board



# AVERAGE TOTAL COST FOR 1 YEAR — GUESSES?

### **MISSOURI**

%izzou?

\$30,000/year

Truman?

■\$20,000/year

**STLCC?** 

□\$4,500/year

Wash U?

■\$88,000/year

### OUT-of-state

Indiana?

□\$60,000/year

KNs

□\$45,000/year

Southern IL Univ - Edwardsville (SIUE)?

□\$24,000/year

Vanderbilt?

□\$87,000/year

# Examples of NON-RESIDENT Scholarships

#### **KU (COA: \$45,000)**

 $\square$  3.25 = \$8,000/yr; 3.5 = \$10,000/yr; 3.70 = \$12,000/yr; 3.85 = \$14,000/yr; 3.95 = \$16,000/yr.

### **Arkansas (COA: \$51,000)**

 $\square$  3.2 = 70% off difference between in and out of state; 3.6 = 80%; 3.8 = 90% (around \$18,500/yr)

#### Alabama (COA: \$55,000)

□ 3.5+ and ACT of 25 = \$6,000; 27 = \$8,000; 28 = \$10,000; 29 = \$15,000; 30 = \$24,000; 32 = \$28,000 (all per year)

#### Murray State (TN) (COA: \$24,000)

Regional tuition rate for all MO students; May also earn academic scholarships for GPA or GPA+test ranges, up to full tuition

### Univ of South Florida (COA: \$31,000)

 $\square 3.5+25 = \$5,000/yr; 3.7+27 = \$9,000/yr; 3.9+29 = \$11,000/yr$ 

# OC7 1

# FINANCIAL AID

FAFSA - apply senior year and every year in college

- https://studentaid.gov/
- Use the forecaster to determine potential aid
- Student Aid Index (SAI)

### **Net Price Calculator**

tool found on each college website to predict cost of attendance

# SCHOLARSHIP OPPORTUNITIES

"Scholarship Matching" in Schoolinks

List of scholarships we've been asked to advertise

"My Scholarship Central" (St. Louis area database)

"Going Merry" (national database)

### A+ PROGRAM

To join, complete the **Participation Agreement** on the <u>PCH A+ website</u>

### **Basic Requirements**

- Cumulative unweighted GPA of 2.5
- 295% attendance
- 50 hours tutoring or mentoring other Parkway students
  - 0-25 hours may be community service
- Proficient or Advanced on Alg 1 EOC or meet PreACT/ACT math requirements
- Good Behavior/Citizenship

### **Scholarship**

- Up to 6 semesters of tuition at any MO Community College or public trade/tech school
- May use summer after high school graduation at STLCC for 2 free classes!
- Some smaller scholarship offers (ex: \$500/year) at MO 4 yr universities (Truman, MO State, Webster)

\*\*Must enroll by Feb 1 of senior year

# NCAA/NAIA Eligibility NCAA

# Earn 16 NCAA-approved core-course credits in the following areas:

Four years of English.

Three years of math (Algebra 1 or higher). Two years of science (including one year of lab, if offered).

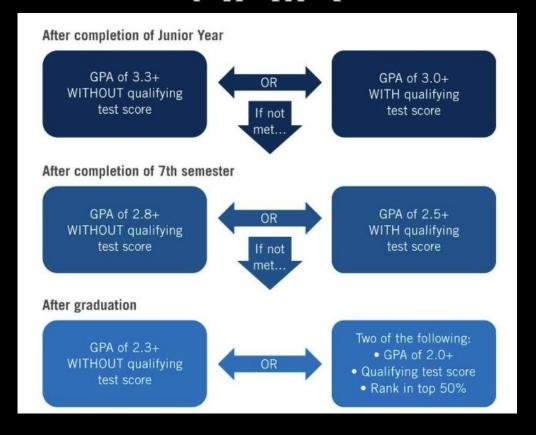
One extra year of English, math or science.

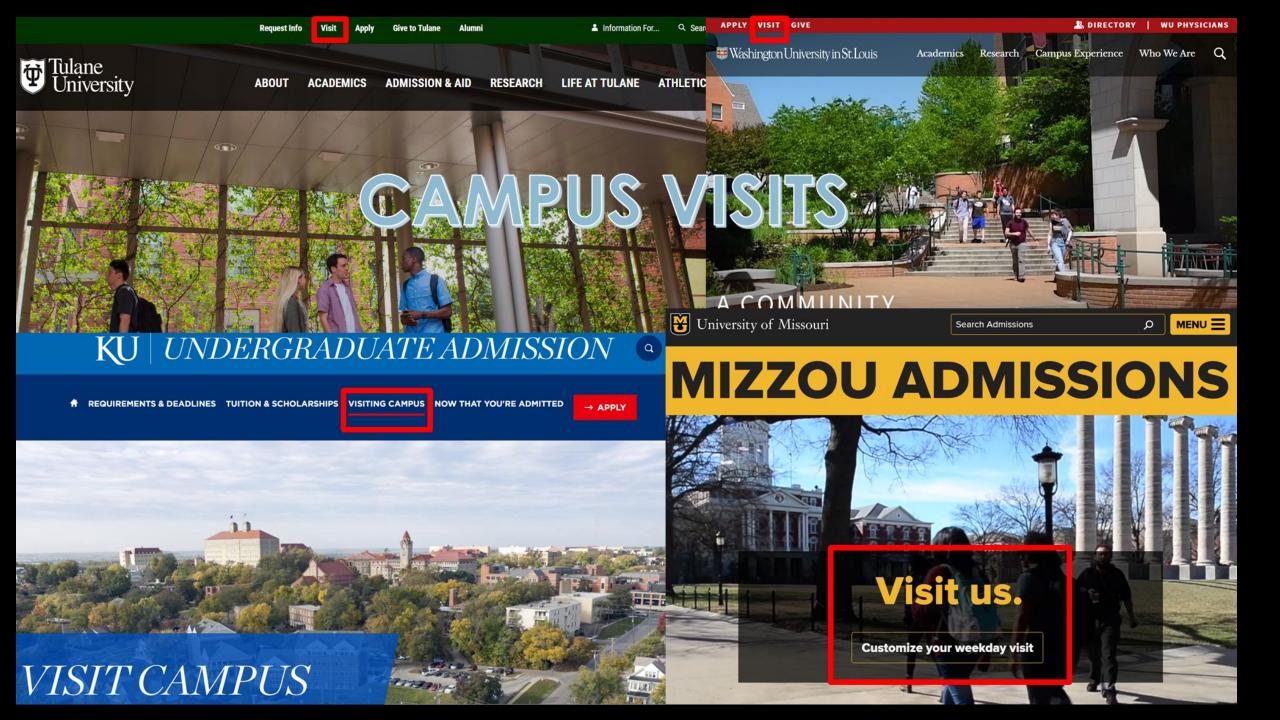
Two years of social science.

Four additional years of English, math, science, social science, world language, comparative religion or philosophy.

GPA = 2.3 (Div 1) or 2.2 (Div 2)

### NAIA





# PCH Counseling Website

Junior Class, Schoolinks, A+
Program, College Admissions,
Alternative Paths, Testing/Test
Prep, Volunteer/Enrichment and
more!

#### COUNSELING JUNIORS

| COOMSELING                                     |  |  |
|--|--|--|
| Home   |  |  |
| School Profile                                 |  |  |
| Mental Health & Wellness<br>Resources          |  |  |
| SchooLinks                                     |  |  |
| New Student Registration                       |  |  |
| Transcripts                                    |  |  |
|  |  |  |
| A+ Program                                     |  |  |
| Preparing for College   Admissions             |  |  |
| Finding the Best Fit College                   |  |  |
| Common Application 2024-25                     |  |  |
| PCH College Series Events                      |  |  |
| College Credit Opportunities in High<br>School |  |  |
| Financial Aid                                  |  |  |
| Exploring Options Other Than<br>College        |  |  |
| Testing (ACT, PSAT, AP) +                      |  |  |
| Volunteer & Enrichment<br>Opportunities        |  |  |
| Senior Class                                   |  |  |
| Junior Class                                   |  |  |
| Sophomore Class                                |  |  |
| Freshman Class                                 |  |  |
| 8th Grade                                      |  |  |
| Progress Towards Graduation<br>Checklist       |  |  |
| PCHS Course Guides                             |  |  |
| Parkway Summer School                          |  |  |
| Parkway Choice Programs                        |  |  |
| Independent Study                              |  |  |
| Seal of Biliteracy                             |  |  |

#### JUNIOR COLLEGE & CAREER PLANNING

#### Counseling Workshops

- Semester 1 College/Career Workshop (During English in November)
- . Ac Lab Mods: a variety of sessions offered throughout the year
- OPTIONAL: if you are interested in participating in workshops during Ac Lab for under-represented
  college students (minority, first-generation, low-income), please reach out to Mrs. Prange for more
  information. Parent info night at Parkway Welcome Center on September 17 (flier).
- Semester 2 College/Career & Senior Course Registration Workshop (During English in Jan)

#### Evening/Weekend College-Related Events (here)

#### Career Research

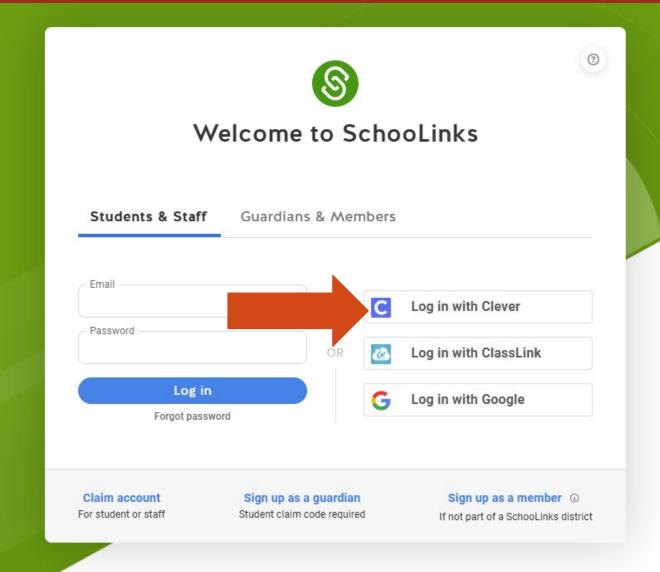
- Complete the inventory assessments in SchooLinks (students log in with <u>Clever</u>), such as "Find Your Path" and "Would You Rather"
- Explore the Occupational Outlook Handbook to determine career options and the education/training needed
- Check out the "Need Help Picking a Major" tool provided by the University of Illinois (can be applicable
  to other institutions)

#### College/Career Planning Information

- Review the information on the "Finding the Best Fit College" and/or "Exploring Options Other Than College" pages.
- Check out Mentors4College, a FREE resource for families to assist with post-secondary planning.
- · If planning for college:
  - Connect with college admission representatives when they visit PCH (register under "Events" in SchooLinks – log in with Clever)
  - Attend the Parkway/Rockwood Regional College Fair at Queeny Park on September 9 from 6-7:30 pm.
    - Register here. (Choose "Missouri" and then "09/09/24 Queeny Park Rockwood/Parkway Regional"). Find a list of attending institutions here.
  - Consider taking the PSAT at PCH on October 23 if you are a strong test-taker and might score
    in the top 1% of the nation, to be named as a "National Merit" scholar. More information can be
    found here. The deadline to register through the Infinite Campus parent portal is <u>September 18!</u>
  - Attend the National College Fair St Louis at St Louis University on October 27 from 1–4 pm.
    - Find a list of attending institutions and register here.
  - Schedule official visits to college campuses you are considering. A parent/guardian should alert
    the attendance office if your visit results in an absence from school, and make sure the reason
    code is "CV" (college visit). If a campus visit isn't an option, take a virtual tour and attend any
    available virtual information sessions.
  - Want to know what applications will look like next year? Check out the Guide to the Common Application
- All juniors will be scheduled to take the ACT at PCH on March 11. Check out the "Free ACT for Juniors - March 11" page for the most current updates on that testing opportunity.
- . Want to know what's coming next year, you can also check out the Senior Class page :)

Need additional assistance? Schedule an appointment with Mrs. Prange (preferably after Nov 1 when the seniors have their first "wave" of applications submitted), or send her questions via email

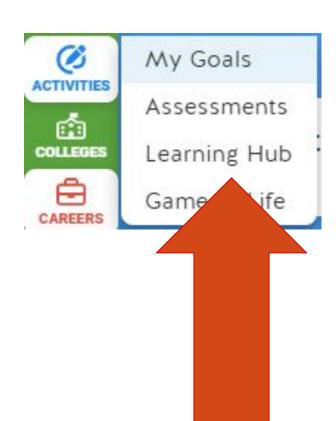
# SCHOOLINKS





### Learning Hub

- In SchooLinks
  - Activities → Learning Hub
  - "My Post-Secondary Options" (together)
  - Later (on your own)
    - ☐ Select the activity that aligns best with your post high school plan!
    - ☐ Planning for 2 Year, 4 year, Military or Career tab





### **Assessments**

- In SchooLinks...
  - Activities → Assessments
    - Find Your Path
    - Would you Rather & Discover Your
       Campus Lifestyle
    - Social-Emotional Learning
  - Complete each one
    - Take your time!
    - Don't overthink your answers
    - They only take a few minutes each

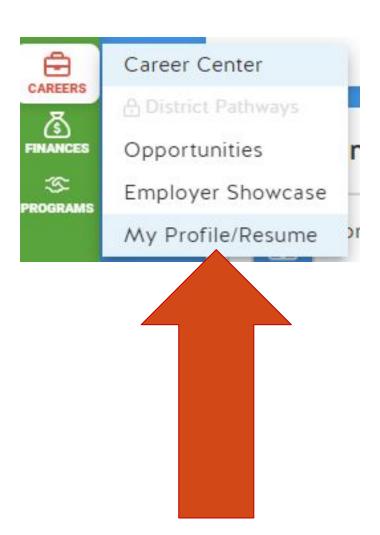




### In SchooLinks

- Career → My Profile/Resume
  - Begin by filling out your goals at the top
  - Next, add your strengths, interests/hobbies, & things you're proud of
  - o Then, begin filling in your Experience
  - Lastly, brag about yourself & add your academic achievements
- Continue adding to this throughout the year as you gain new experiences!

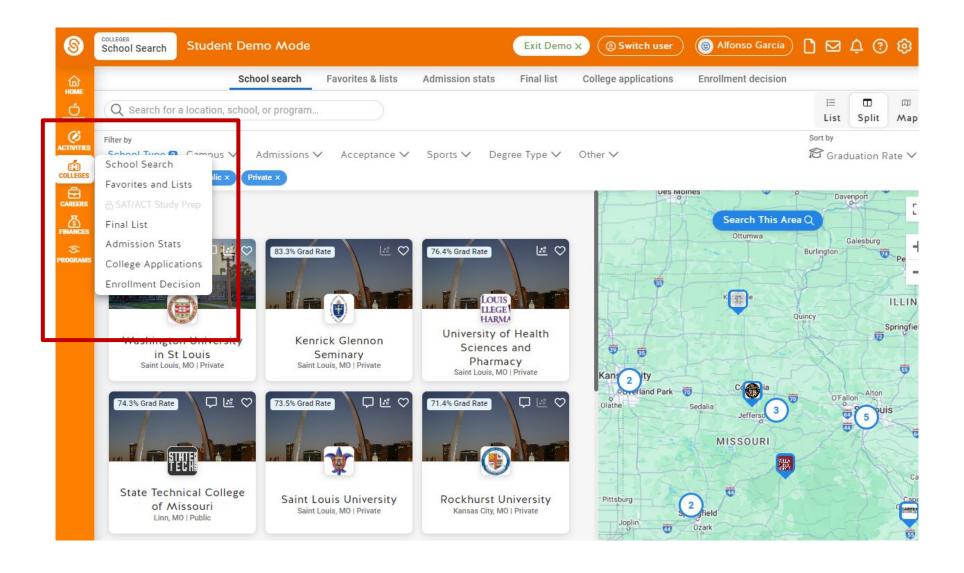
### Resume Work





# SchooLinks

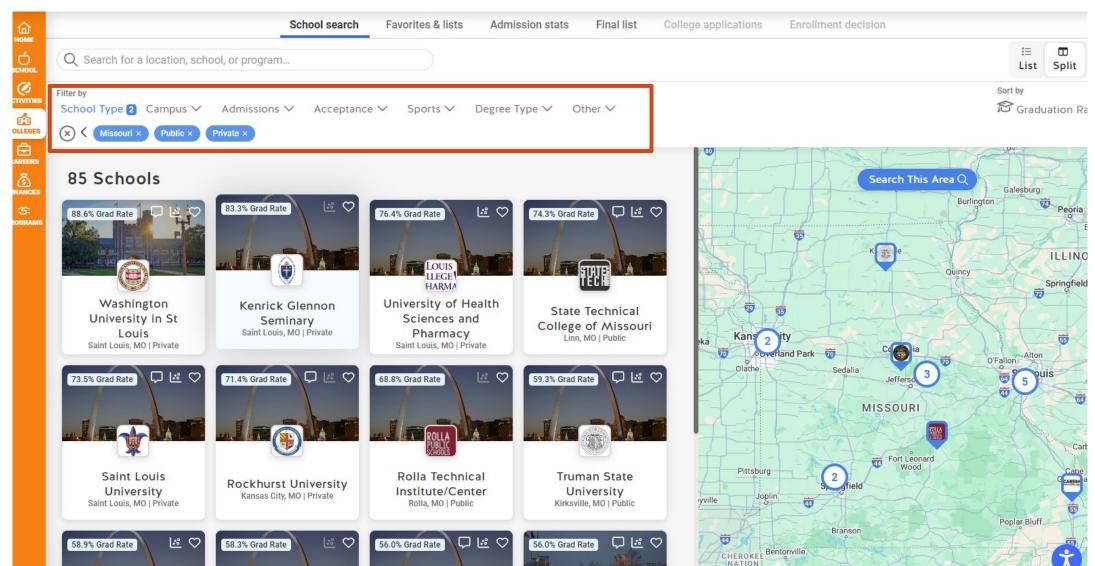
# College Search





# SchooLinks

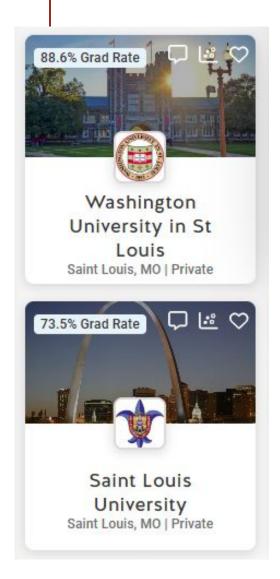
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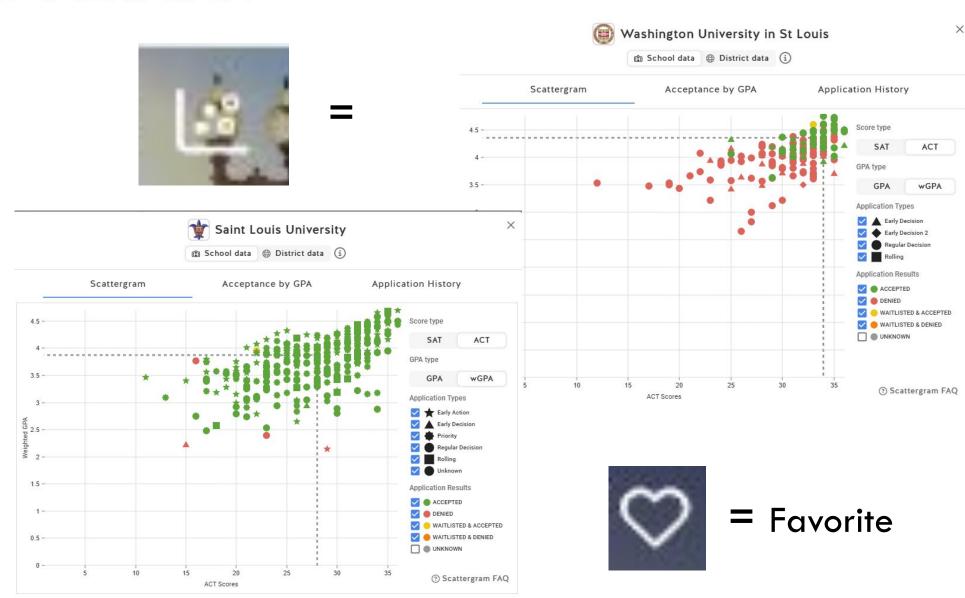




# SchooLinks

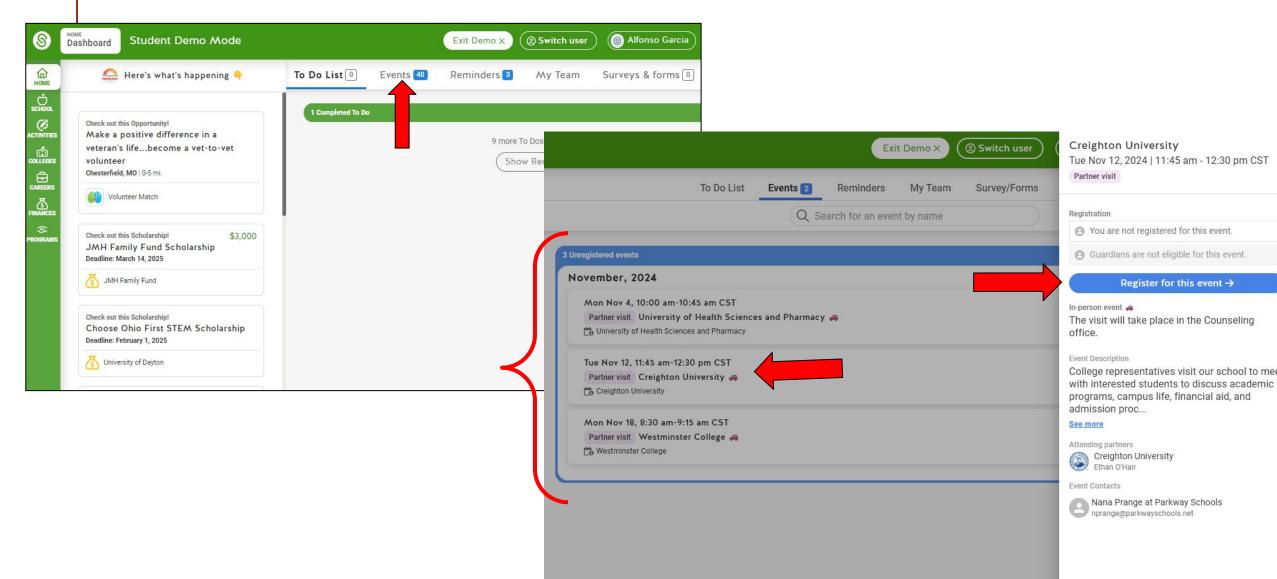
# College Search







# College Rep Visits



### **To-Do Checklist**

- Verify you are on track to meet graduation and college course/grade requirements
- SCHOOLINKS | Complete Inventories & Work on Resume
- SCHOOLINKS | Start Researching & Favoriting Colleges
- Connect with college reps (fairs, PCH visits, campus visits)
- Sign-Up for the A+ Program | Complete Requirements
- Prepare for March 11th ACT (consider scheduling other ACTs or SAT, if desired)
- $\blacksquare$  For Student-Athletes | Register with eligibility center (NCAA and/or NAIA)

## **QUESTIONS?**

Schedule an appointment with me (or your alpha-assigned counselor)



Email me at Nprange@parkwayschools.net